



Mondays to Fridays

NOTE Between Romford and Bow buses run at the following intervals: Romford to Stratford 5 mins (8-12 evenings); Stratford to Bow 7-8 minutes during peak hours.

Romford Station	0531	0555	0618	0633	0646	0656	0720	0820	0840
Romford Market	0535	0559	0622	0637	0650	0700	0725	0825	0845
Chadwell Heath Coopers Arms	0545	0609	0632	0647	0700	0710	0738	0838	0858
Seven Kings Garage	0525	0545	0605	0615	0623	0630	0638	0643	0648
Ilford Broadway	0533	0553	A	0613	0623	0631	0638	0646	0651
Manor Park Broadway	0539	0559	0619	0629	0637	0644	0652	0657	0702
Forest Gate Green Street	0542	0602	0622	0632	0640	0647	0655	0700	0705
Stratford Broadway	0548	0608	0628	0638	0646	0653	0701	0706	0711
Bromley-by-Bow Station	0556	0616	0636	B	0654	B	0709	E	B
Limehouse Londoner	0603	0623	0643	0701	0716	0731	0746	0801	0816
Romford Station	0901	0922	0945	1525	1540	1555	1610	1625	1640
Romford Market	0906	0927	0950	1530	1545	1600	1615	1630	1645
Chadwell Heath Coopers Arms	0919	0940	1000	1540	1555	1610	1625	1640	1656
Seven Kings Garage	0925	0946	1006	1546	1601	1616	1631	1646	1702
Ilford Broadway	0935	0955	1015	1555	1610	1625	1640	1655	1711
Manor Park Broadway	0941	1001	1021	1601	1616	1631	1646	1701	1717
Forest Gate Green Street	0945	1005	1025	1605	1620	1635	1649	1704	1720
Stratford Broadway	0952	1012	1032	1612	1627	1642	1656	1711	1727
Bromley-by-Bow Station	1000	1020	1040	1620	1635	1650	1704	1719	1735
Limehouse Londoner	1008	1028	1048	1628	1643	1657	1711	1726	1742
Romford Station	2007	2031	2055	2119	2143	2207	2231	2243	2255
Romford Market	2011	2035	2059	2123	2147	2211	2235	2247	2259
Chadwell Heath Coopers Arms	2021	2045	2109	2133	2157	2221	2245	2257	2309
Seven Kings Garage	2027	2051	2115	2139	2203	2227	2251	2303	2315
Ilford Broadway	2035	2059	2123	2147	2211	2235	2259	2311	2323
Manor Park Broadway	2041	2105	2129	2153	2217	2241	2305	2317	2329
Forest Gate Green Street	2044	2108	2132	2156	2220	2244	2308	2320	2332
Stratford Broadway	2050	2114	2138	2202	2226	2250	2314	2326	2338
Bromley-by-Bow Station	2058	2122	2146	2210	2234	2258	2322	E	E
Limehouse Londoner	2105	2129	2153	2217	2241	2305	2329		

Additional buses, Mondays to Fridays: Seven Kings Garage to Ilford Station Ley Street at 0621 and 0641.

Saturdays

NOTE Between Romford and Bow buses run every 5 minutes (10 before 1000 and evenings)

Romford Station	0525	0605	0635	0705	0805	0824	0844	0900	0921
Romford Market	0529	0609	0639	0709	0809	0828	0848	0906	0927
Chadwell Heath Coopers Arms	0539	0619	0649	0719	Then every	0819	0838	0858	0917
Seven Kings Garage	0535	0545	0625	0645	0655	0705	0725	Then every	0825
Ilford Broadway	0543	A	0633	0653	0703	0713	0733	20	0833
Manor Park Broadway	0549	F	0639	0659	0709	0719	0739	mins.	0839
Forest Gate Green Street	0552	0612	0642	0702	0712	0722	0742	mins.	0842
Stratford Broadway	0558	0618	0648	0708	0718	0728	0748	mins.	0848
Bromley-by-Bow Station	0606	0626	0656	0716	E	0736	0756	mins.	0856
Limehouse Londoner	0613	0633	0703	0723	0743	0803	0903	0923	0943
Romford Station	1805	2205	2231	2239	2247	2255	2305	2315	2325
Romford Market	1809	2209	2235	2243	2251	2259	2309	2319	2329
Chadwell Heath Coopers Arms	1819	2219	2245	2253	2301	2309	2319	2329	2339
Seven Kings Garage	1825	2225	2251	2259	2307	2315	2325	2335	2345
Ilford Broadway	1833	2233	2259	2307	2315	2323	2333	2343	2353
Manor Park Broadway	1839	2239	2305	2313	2321	2329	2337	2345	2355
Forest Gate Green Street	1842	2242	2308	2316	2324	2332	2340	2348	2358
Stratford Broadway	1848	2248	2314	2322	2330	2338	2346	2354	2402
Bromley-by-Bow Station	1856	2256	2322	G	E				
Limehouse Londoner	1903	2303	2329						

Additional buses, Saturdays: Romford Station to Limehouse Londoner at 1014, 1201 and 1431;

Chadwell Heath Wangey Road to Stratford Bus Station at 0729 and 0749;

Stratford Broadway (starting from West Ham Garage) to Limehouse Londoner at 0839.

Sundays (and National Public Holidays)

Romford Station	0706	0736	0806	0836	51	06	21	36	2236	2251	2306	2321
Romford Market	0710	0740	0810	0840	Then at	55	10	25	40	2240	2255	2310
Chadwell Heath Coopers Arms	0720	0750	0820	0850	these	55	20	35	50	U	2250	2305
Seven Kings Garage	0641	0656	0711	0726	0741	0756	0812	0826	0841	N	2256	2311
Ilford Broadway	0648	0703	0718	0733	0748	0803	0819	0833	0848	T	2303	2318
Manor Park Broadway	0653	0708	0723	0738	0753	0808	0824	0838	0853	0908	2313	2328
Forest Gate Green Street	0656	0711	0726	0741	0756	0811	0827	0841	0856	0911	2318	2333
Stratford Broadway	0702	0717	0732	0747	0802	0817	0833	0847	0902	0917	2323	2338
Bromley-by-Bow Station	E	0724	E	0754	E	0824	E	0854	E	0924	2338	2353
Limehouse Londoner	0731	0801	0831	0901	0931	01	31	2331				0002
Romford Station	2236	2351	0006	0026								
Romford Market	2240	2355	0010	0030								
Chadwell Heath Coopers Arms	2350	0005	0020	0040								
Seven Kings Garage	2356	0011	0026	0046								

A - Continues to Ilford Station Ley Street.

C - Starts from Chadwell Heath Wangey Road.

F - Continues to West Ham Garage via Green Street.

B - Continues to Bow Church.

E - Continues to Stratford Bus Station.

G - Continues to West Ham Garage via West Ham Lane.

